**Swim Meets:**

We encourage swimmers to participate in a swim meet; however, it is not mandatory to do so. Each swimmer must compete in ***THREE*** YMCA meets to participate in the Sectionals/State meet.

These can last most of the day. Warmups are sometimes 30-45 minutes before the meet starts. Once the meet starts, everyone will watch for their event numbers so they know when to go to the Clerk of Course (listed below).

\*\*Coaches are often on deck the whole meet, but ask a returning swimmer/parent if you need help or have questions about the meet.

**Swim Meets: Signups**

Swimmers may swim a total of five events per meet – three individual and two relays (these may vary this season). There are four competitive strokes. Coaching staff will make up the relay teams. It is the swimmer/parent/guardian’s responsibility to sign up for individual events prior to the deadline for the meet. If individual events have not been chosen by the deadline, the coaches will choose events.

Swim meet signups will be done using the Team Unify website or app. An email for specific swim meet signups will be sent to parents/guardians. Swimmers can sign up for meets indicating specific events they want to swim, or just stating “yes” or “no” for attendance. If you have questions or problems, please contact the coaches.

**\*13 & up:** With the addition of 50Y Breaststroke, Butterfly, and Backstroke, we highly recommend you to do these events at least once to get the official time in order to have times when making relays. We prefer that you do not sign up for just the 50 yard events for every meet. **Coaches have the right to switch events**.

**Swim Meets: Travel**

Parents/guardians are responsible for driving swimmers to and from meets. Carpooling is encouraged but not facilitated by the Washington Community Y. Please contact a coach or Water Sharks SHIVER member if your child needs transportation.

**Swim Meets: Day of the Meet**

* If you are unable to attend the meet, call your coach as soon as possible. This is very important so the coaches can re-adjust relays if needed.
* Arrive at least 15 minutes before warm-up.
* Check in with volunteer or coaches to receive event numbers.
* All swimmers are required to warm up at our assigned team time unless approved by a coach.

**Swim Meets: What to Bring**

Swim meets can last four hours or longer depending on the number of swimmers competing. **Please label all your equipment and clothing items!!** Things to bring:

* Competition swimsuit.
* Goggles (extra pair if one breaks or is lost).
* Swim Cap (extra cap if one rips).
* 2-3 Towels (these will get wet).
* Warm clothes, sweats, robe, etc.
* Flip flops or sandals. These are recommended at most meets.
* Sleeping bag or blanket to sit on. Chairs are usually fine at most meets as well.
* Snacks and drinks.
* Cards/games/books/magazines, etc. – **NO BALLS!**
* Change of clothes to wear home as well as underwear.

**Swim Meets: At the Meet**

* Swimmers should stay in the team holding area when not competing (unless cheering for teammates).
* Conserve energy, save it for your races.
* Eat properly and drink lots of water.
* Cheer for your teammates.
* Display sportsmanship. Please remember, you are representing yourself, your family, coaches, town and the YMCA.
* Help clean up the team holding area before leaving.
* **We encourage you to leave your electronic devices at home or with a family member while you are swimming. The Y and the swim team are not responsible for lost or stolen devices.**

**Swim Meets: Clerk of Course**

* This is the area where swimmers report before a race. Volunteers will organize the swimmer into the proper events and heats. It is each swimmer’s responsibility to be at the clerk of course at the proper time.
* Stay quiet and listen to the volunteers for instructions.
* Always wear shoes and bring a towel, goggles and swim cap with you.